



Wrestling

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Sports Travelcade



Ontario

Ministry of
Tourism
and
Recreation

I wonder if I could wrestle?



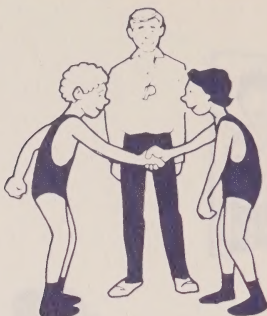
Please, Mom and Dad, may I join the wrestling team?



I don't know, son, you might get hurt.

Oh, Dad. The coach says there's less chance of getting hurt in freestyle wrestling than in most other sports. And besides, it's not like the pro wrestling you watch on TV!

Why do you want to wrestle, son?



First of all Mom, because it's fun!

All of the kids like to prove they are the strongest and best at something. Besides the coach says it's one of the best ways for growing kids to keep physically FIT. There is a place for everyone because of all of the weight classes and age groups; there is an equal chance for small and large boys on the team.

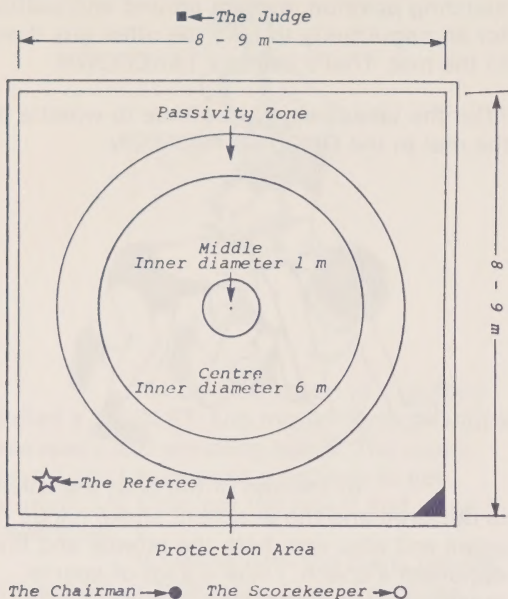
Also, I know that when I win I feel good and when I lose I can't blame anyone but myself. The coach calls that CHARACTER DEVELOPMENT! Also, I may travel with the team and meet many new friends.

What is freestyle wrestling?



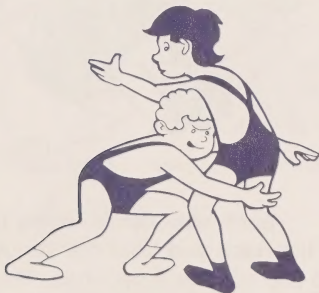
Freestyle wrestling is Olympic wrestling which has developed over thousands of years from our ancestors. It is a true contest of skill, strength and strategy between two athletes of the same age and size and is carefully controlled by qualified officials.

Where do you wrestle?



A wrestling contest is called a bout. It takes place on a special padded mat with markings.

What happens during a wrestling bout?



It's terrific Dad! The two wrestlers face each other and shake hands. Then the referee blows his whistle and they try to wrestle each other to the mat.

At the start we wrestle in the *standing position*, moving around and waiting for an opportunity to take the other guy down to the mat. That's called a **TAKEDOWN**.

After the takedown we continue to wrestle on the mat in the **GROUND POSITION**.



At the end of the bout the winner is declared and the wrestlers shake hands again and also with both the referee and the opponent's coach. There's a lot of sportsmanship in wrestling, Dad.

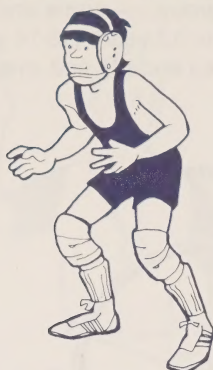
What are you trying to do on the mat?



Each wrestler is trying to get the other on his back and hold his shoulder blades to the mat for 2 seconds. This is called a **PIN** or **FALL** and the wrestler on top is the winner!

It is not easy to pin a boy of your own size and age unless your coach teaches you "holds" or "moves", and this takes much practice and hard work.

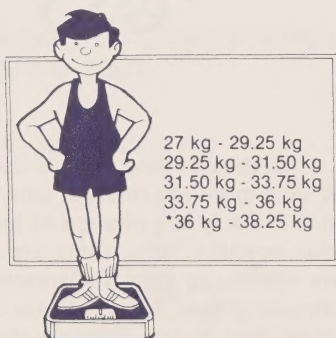
But wouldn't it be expensive?



No Dad, all I need is a uniform called a SINGLET, and maybe some headgear, kneepads and wrestling boots. The coach says I don't even need a uniform to get started, and I can get the rest if and when I need them.

If I travel with the team, usually the school or club takes care of most expenses.

How do they make sure you don't wrestle someone much bigger or older?

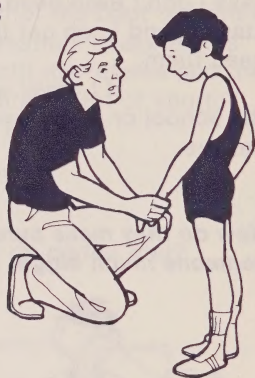


The coach weighs us regularly and enters us in a certain "weight class" whenever a tournament is held.

Also, before the tournament, the officials weigh each boy to be certain he is in the right weight class.

The weight classes are different for each age group, — some are suited for boys from 10 to 12 years (13-14 yrs.), (15-16 yrs.), (17-20 yrs.) and (21 and over).

What about safety?



Each wrestling bout is carefully controlled by a qualified referee, who will stop the action if there is any chance of injury from a dangerous position. Also, there are some illegal holds which can lose the wrestler *points* or even disqualify him. Wrestlers are carefully instructed by their coaches concerning illegal moves.

Each bout usually consists of two periods, each two minutes long, with a rest period between. Older boys may have longer bouts up to two 3 minute periods.

FREESTYLE WRESTLING IS A SAFE SPORT!

You mentioned “points”. How do you score points?



Well Dad, not all bouts end with a pin or fall, so the referee awards points for certain moves that are made.

If I can get my opponent to the mat on hands and knees for *control*, I have earned one point for a *takedown*. If I can turn him over and “expose” his shoulders to the mat, I earn *2 points*. There are other moves that score 3 or even 4 points.

An official keeps a record of all points scored and cards show the total count at all times during the bout. If no pin is made, the wrestler with the most points wins by a **DECISION!**

IT TAKES SKILL TO SCORE POINTS DURING A WRESTLING BOUT.

Will you have to train a lot?



Yes Mom, I'll be working out a lot with the team but it will be fun and the coach says it's better for me than watching TV!

It will probably be at least twice a week or maybe more when important tournaments are coming up.

But I'll be with my friends and will be coming home with them. So don't worry Dad.

What about diet — anything special?



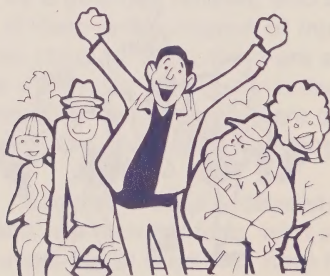
You may have heard of wrestlers dieting to make a weight class. But that doesn't happen at our level. That's only for mature wrestlers at a high level of competition.

The coach says to eat plenty of good food and cut out the junk!

He doesn't allow smokers on the team, but they wouldn't get far on the mat anyway.

You have to have stamina and strength to win at wrestling!

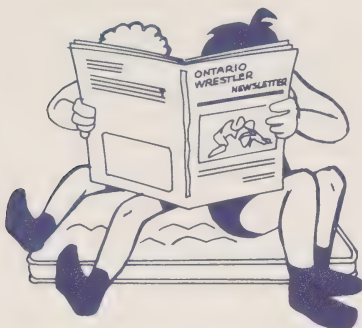
Will we be able to come and watch you?



Of course Dad. Wrestling is a super spectator sport. I'd love to have you and

mom attend our tournaments. You'll like my coach . . . he's great!

How do you get started?



The coach says there are two or three ways. I can wrestle for my school team, or I can join a wrestling club, or I can do both.

Also, I can join the Provincial Amateur Wrestling Association, and receive a newsletter with all the wrestling news, pictures, information and results of tournaments. I could even get my name in the magazine if I won!

O.K. son, you can join the wrestling team!
And we'll come and watch you!



Thanks Mom and Dad. I'll make the Olympic team. Wait and see!

THE ONTARIO AMATEUR WRESTLING ASSOCIATION

Background

Children wrestle with other children or with their parents. It is one of the most natural forms of play. Throughout our lives, we accomplish many aspects of socialization through the play forms we select. The four pure play forms of chance, strategy, strength and vertigo are uniquely combined in the sport of wrestling. The main goal of wrestling is to force the shoulders of the opponent to the mat surface. The contest resembles an animated chess game in which physical prowess and mental prowess are matched. Wrestling stresses speed, strength, flexibility, balance, cardiovascular fitness, and muscular endurance.

International appeal

Two factors have encouraged the adoption of wrestling by almost every culture in the world: 1. the complexity of wrestling technique and 2. the lack of superficial trappings needed to conduct a wrestling match. Some countries have selected wrestling as their national sport. Wrestling was added to Ontario's secondary school physical education curriculum in 1959. This was logical in view of the multicultural nature of our population.

Styles

The International Amateur Wrestling Federation, founded in 1921, now recognizes three styles of wrestling: Greco-Roman, Freestyle and Sambo. Greco-Roman differs from Freestyle wrestling in that the contestants are not allowed to attack their opponent's legs nor use their own legs to assist in a throw or a tilt. Both of these styles are now regular Olympic events. Sambo is an outgrowth of Freestyle wrestling and judo. The enormous variety of Freestyle technique is complemented by the flare of throws.

Folk styles of wrestling are

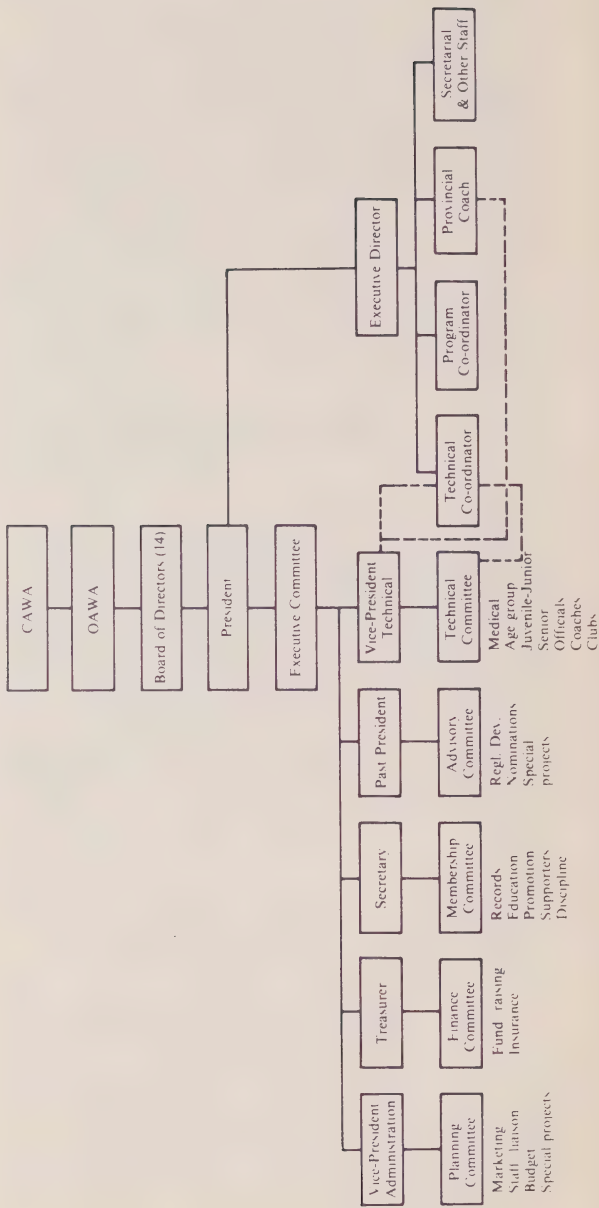
popular in specific countries and specific areas of the world. The Swiss have a form of wrestling called Schwingen which takes place on a bed of sawdust. In Northwest England (Cumberland and Westmorland), wrestlers join hands behind each other's back and try to throw their opponent while keeping their grip. The traditional wrestling style in Japan is Sumo, in which enormous wrestlers (136 kg) attempt to push each other out of a circle. Iceland also has its own form called Glima. Wrestlers grasp each other by a hip harness and try to throw their opponent. In the United States, the traditional collegiate style of wrestling emphasizes both takedown ability and ground control.

Administration and programs

Wrestling is administered nationally by the Canadian Amateur Wrestling Association (CAWA). The objective of the CAWA is to encourage more people to take part and develop the highest proficiency in amateur wrestling in Canada. Amateur wrestling in this country has evolved from a recreational activity, practised mainly in YMCAs and universities, to a sport now offered at all levels of education from elementary to graduate school. Because of the rapid rise of interest in the sport, wrestling was introduced in the Ontario and Alberta high school programs in 1959. It has been added to the elementary school curriculum in several provinces. The continued growth of wrestling has therefore been guaranteed. There are about 100,000 people taking part in wrestling programs across Canada annually.

The Ontario Amateur Wrestling Association (OAWA)

The OAWA provides essential services and programs through which many of our top international wrestlers have progressed. It is dedicated to developing amateur wrestling at all age levels within Ontario. The coach and the wrestler are the focal point of the entire organization. All policy and programs are directed with this in mind.



Services to Members

- Communications: The Ontario Wrestler is published bi-monthly
- Clinics for coaches, athletes and officials
- Competition at the regional, provincial and national levels
- Technical Resource Materials (15% discount on list price)
- Intensive training and competitive opportunities
- Fund Raising opportunities
- Sanction for Wintario financial support for travel and for the purchase of equipment
- Facilitate cultural exchanges

Organizing a Club

Most of the wrestling clubs in Canada are in educational institutions. For information on local clubs, contact the local high school or university physical education department and direct your inquiries to the wrestling coach. You can get more specific information on clubs and the contact people in your area by contacting the executive director of the OAWA. The first task in starting a wrestling program is to find other interested people. Call an organizing meeting and publicize it through your local paper or radio station. Contact schools, recreation departments, YMCAs and church groups. The initial meeting should lead to establishment of a formal organization. To be successful, the organization will need:

- leadership — to set goals and provide inspiration,
- funding — to carry out the goals and be functional,
- structure — to provide stability and longevity.

You can get an excellent publication. *Club Development Manual* by Dr. Glynn Leyshon, from the OAWA for a nominal fee.

The Canadian Wrestling Skill Awards Program

This OAWA program is aimed mainly at young boys and girls, ages 9-16, who have had little or no previous wrestling experience. The program course is set out in a manual, in three levels (bronze, silver and gold) with ample description of moves and pictures. It can therefore be taught by anyone with little or no previous exposure to wrestling. One of the main concerns of the program is for the young athletes to enjoy wrestling, so helpful drills and games are included in the program. The teacher/coach also receives 15 lesson plans per level. Three colored posters of the moves to be taught are included in the package.

On successful completion, each participant will receive a certificate with decal and an attractive crest for the level attained.

The program has been well received by clubs, schools and community recreation agencies. For free brochures or more information, contact the OAWA.

Coaching

The OAWA offers all levels of the national coaching certification program in theory, technical and practical. Each coach taking the course receives the coaching manual for the level completed, a certificate, and a set of posters to be used as teaching aids. Courses in coaching are offered mainly in the fall and at the end of the school year (June). Contact the OAWA for a coaching clinic being held in your area.

Officiating

The Ontario Amateur Wrestling Officials Association offers courses throughout the fall. These are both theory and practical, giving the officials a chance to apply what they have learned at either a local or major tournament. Opportunities exist for officials to upgrade themselves to provincial, national and international status. (An individual may also wish to become a certified

drawmaster). Contact the OAWA for information on clinics being held in your area.

For further information on any aspect of wrestling, contact:

Ontario Amateur Wrestling Association

1220 Sheppard Ave. E.

Willowdale, Ontario

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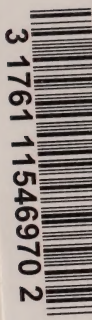
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